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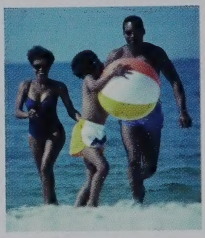
WLOX-TV 13 News Anchor Miyoka Broussard

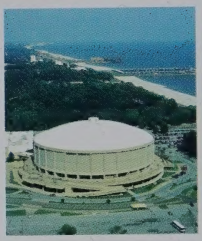
Saving, Investing & Protecting Your Money in 1998

A Look Back at 1997

Staying Healthy in 1998

Harrison County





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Harrison County Board of Supervisors, left to right: Standing: John McAdams, Chancery Clerk; Larry Benefield, President, District 2; Robin Alfred Midcalf, Esq., District 4; Joseph R. Meadows, Board Attorney; Seated: C. T. Switzer, Jr., Vice President, District 5; Bobby Eleuterius, District 1; David V. LaRosa, Sr. District 3.

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MISSISSIPPI Star

VOL.2 NO. 5 JANUARY 1998

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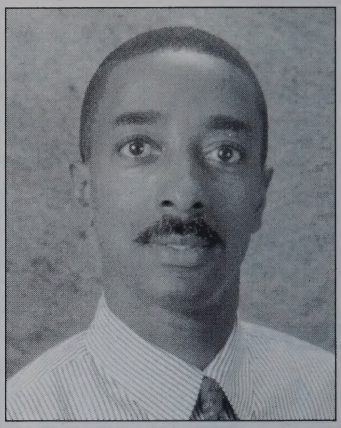
Miyoka Broussard – WLOX-TV News Anchor

Cover photo: *Anthony Montgomery*

FAMILY ★ HEALTH ★ EDUCATION ★ BUSINESS ★ CULTURE

PUBLISHER'S PAGE



Maurice E. Singleton, Jr.

Again, I, like most people, am taking advantage of the beginning of a new year to make plans to improve myself in some way. I find the end of one year and the beginning of a new is also a good time for reflection, evaluation and re-evaluation.

So, I have made resolutions for the upcoming year; and generally speaking, I usually set goals, some long-term and some short-term. Sometimes, I type my New Year's Resolutions on paper; have them laminated; and I'll even carry them in my wallet to serve as a constant reminder of what I plan to accomplish by the end of the year.

I have read and I have also heard featured speakers say that people who set and actively pursue their goals are 1) more likely to achieve success, and 2) they are usually happier people. This makes great sense to me, simply because in my own life, experience has demonstrated that if I set a goal to achieve something that is challenging, and I am able to succeed at accomplishing the objective of the goal, I feel very good about my accomplishment.

That good feeling that comes from accomplishing something that one has planned, strategized, pursued and achieved or is achieving may have long-term benefits and may carry over to other aspects of one's life. People who exercise, for example, oftentimes report that exercise provides them with somewhat of a euphoric feeling. So, consequently, exercise for some people becomes the natural medicine that helps transition them from the stressful part of the day to the time of the day they spend with their families. I know that I am in a much better mood after spending an hour at the gym after work than I am after eight or nine hours of phone calls, driving in Coast traffic, writing, editing and making sales calls.

Regular exercise is almost like providing the body with an ongoing tune-up. Just as physical exercise is important to the body, praying is important to one's spiritual health. Thanking God on at least a daily basis for his many blessings allows us to keep in perspective what is most important in our lives: the love of God and His presence in our lives.

My hope is that the goals you have set to accomplish by the end of1998 become a monthly, weekly, daily or possibly even an hourly mission that you pursue with prayer and a passionate work ethic until accomplished. Best wishes for a productive and prosperous 1998! MS

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LETTERS

Dear Maurice,

I have enjoyed reading each issue of the Mississippi Star and always look forward to the next issue. I especially enjoyed the article "Flashing Lights" by Robin Alfred Midcalf in the December issue. I think Ms. Midcalf should be commended on a job well done in rearing her daughter alone. I believe this article will be a source of inspiration to not only single mothers, but single fathers as well. Keep up the great articles and may you have continued success.

Sincerely,
Katrina L. Labat
Diamondhead, MS

Dear Maurice,

I just completed the December edition of the Mississippi Star. I enjoyed the articles, especially heartwarming was Robin Midcalf's article relative to taking her only child off to college. There are several stories and messages within her article that are strong and powerful.

The first is that a single mother can successfully raise a child and prepare that child for this exciting thing we call "life." Of course, there is that second guessing that we all experience. "Did I prepare her/him for this situation or that?" The bottom line is we can't possibly go over

each situation that might occur but we can instill in our children the values and the thought processes necessary to deal with any and all situations.

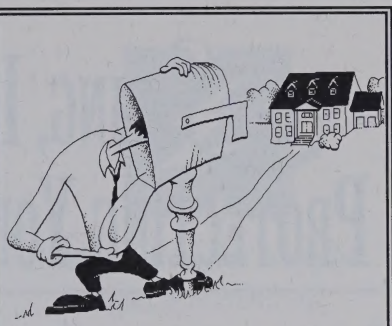
The second deals with the reality of the transition that takes place when a child leaves home (more poignant when it is an only child). Both the parent and child are embarking on new phases of their lives. Both will experience some challenges, some joys and some disappointments along the way. The child will be developing some true independence and responsibility, while the parent is struggling to let go of the child to accept the adult.

The third theme is that of recognizing that others have helped in their journey thus far. And that recognition and appreciation is important. It does take a "whole village to raise a child." The numerous teachers, ministers, coaches, friends, neighbors and relatives along the way help shape us as individuals and our children as well.

I know that I will have to deal with this transition and the emotional response to it within the next eighteen months, and so I understand what Robin is going through.

Sincerely,
Glenda Singleton
Duncanville, Texas

Tell Us What You Think About *Mississippi Star!* Express your point of view in a letter.



MOVING? RECENTLY MOVED? ABOUT TO MOVE?

Please Drop Us A Line With Your New Address So You Can Be Sure To Receive Your Mississippi Star!

Letters to the Publisher

should be 100 words or less.

Star Calendar: Events of interest to South Mississippians should be submitted on your organization's letterhead, specifying the date, time, place of event and a number of contact. Submissions should be received by the twentieth day of the preceding month.
Be sure to include a daytime telephone number.

Mail submissions to

Mississippi Star, P.O. Box 2651, Bay St. Louis, MS 39521.

Mississippi Star reserves the right to refuse or decline to publish any submission.

Saving, Investing & Protecting Your Money in 1998

Saving Money: *Pay Yourself First*

by **Vonretta Singleton,**
Branch Manager
Hancock Bank Edgewater Branch

Could you have used an extra $365 during the month of December? Like most people, I am pretty sure that $365 would have come in handy as you reluctantly pulled out the old credit card for Christmas gifts.

So now the credit card bills are due - with interest! Wouldn't it be great if you didn't have to rely as much on the credit cards in 1998? As you are paying off your credit card bills this year, consider paying yourself as well. I'm talking about paying yourself at least $1.00 a day and putting it away into a savings account and watching it grow and earn interest at the same time. Do you realize that's at least $365.00 at the end of the year invested in you? Just one dollar a day!!

I've heard so many customer's say, "I don't have any money to save right now, I need it to pay the bills." Then at vacation time, back to school time, emergencies, and Christmas they are trying to get loans with late payback histories. You can avoid some of this stress by opening a savings account and investing in yourself.

I've also heard many customer's say, "But I don't have time to go to the bank." Let me tell you, most banks have automatic transfers you can sign up for which authorize your bank to debit your checking account - whenever you like, as often as you like, and usually for whatever dollar amount you desire - to deposit into your savings account for you.

If you can save more than a dollar a day then great! If not, a dollar a day is a great way to start paying yourself. Try to build your savings so that you have at least equivalent to six months of income from your job. Sometimes conditions change and you may be out of work for a while. Wouldn't you feel better if you had your savings to fall back on?

I wouldn't advise you to use your savings account for Christmas expenses. Some banks offer Christmas Club Savings accounts. These accounts may be set up with automatic transfers as well.

Once you have built your savings to over $1,000.00, you have other savings options that can yield higher interest rates.

So start paying yourself first now. Don't put off until tomorrow what you can start saving today. You owe it to yourself.

INVESTING

by **Bridget Weatherly,**
Investment Broker
A.G. Edwards, Member SIPC

The 5-Point Checklist to Avoid Investment Media Hype

Over the next several weeks, you will be seeing a variety of newspaper and magazine articles touting the "The Next Greatest Investments" for your portfolio. While some of the investments mentioned may sound tempting, you may need to take a step back

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and use a more objective process to determine if that investment would fit in your portfolio.

Here's a simple 5-point checklist you can use to evaluate a particular investment's merit for your particular needs:

1) *Does this investment meet your specific objectives?* Investments that pay regular interest or a relatively secure dividend are considered "income" investments. A "growth" investment, on the other hand, is one from which you hope to benefit from the increasing value of the investment, also known as capital appreciation. If the investment you are considering does not coincide with the specific objectives of your portfolio, you may want to find another choice.

2) *What are the risks of the investment?* Generally, the more return potential an investment has, the greater the risk you must assume. So, you should know your "suitability" ahead of time to establish which investments will fall within your risk boundaries. "Conservative investors" prefer a relatively lower amount of risk to try to preserve what they've already accumulated. "Aggressive investors" usually take on more risk to increase their portfolio's risk-takers, willing to risk a much larger loss in exchange for the possibility of making a much larger profit.

3) *Does this investment offer the tax advantage you are looking for?* While tax considerations should not dominate your investment decisions, you should include taxes in the investment equation since not all investment returns are subject to the same taxation. For example, tax-advantaged investments such as municipal bonds offer federally tax-free interest although they may still be subject to the alternative minimum tax. Stocks offer tax deferral on their price growth as long as you hold onto them (though you still have to pay taxes on your dividends). And other types of investments such as annuities and certain life insurance policies provide tax-deferred growth so that you can postpone taxation until you withdraw funds.

4) *How "liquid" is this particular investment?* Investments should be judged by your need for liquidity and how easily you can convert the investment into cash on short notice without making a substantial price concession. For some investors, this may not matter, but for those who do not have vast financial resources, a liquid investment may be a necessity.

5) *Is it a "long term" or "short term" investment?* Like the question of liquidity, knowing the time frame of an investment can and should influence your decision. Some investors want to see results in six to twelve months. While others seek long-term appreciation and are comfortable riding out market fluctuations over the long haul.

Before you jump on the "hot investment" bandwagon, make sure you have the facts you need now for an investment you want to help you in the future. After all, just because the media say it's a good investment doesn't mean it's a good investment for you.

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Protecting Your Investment for Life

by **Felecia Craft-Palmer**, *Agent*
State Farm Insurance Companies

Everybody knows the value of home and automobile insurance and that value is reinforced by all financial leaders. If you finance a home or an automobile you will be required to carry insurance or you will pay a steep price for not doing so. A bank or mortgage company can and will deny a loan if the insurance requirements are not met.

Let's face it, your home and auto are major investments that deserve that added protection. But what about your most valuable asset of all? What about your life?

If you haven't reviewed your life insurance lately maybe you should do it before it is too late. Death is a reality we all would prefer not to spend a lot of time thinking about. But death is a culprit that can swallow up the future of those you love. The truth is that your life is the most valuable asset your family and friends can have. Your family's future financial status, your children's education and most importantly your family's freedom to make choices can rest upon how well they can replace your lost future income and survive the expenses you leave behind. What happens after the funeral?

Although life insurance is getting a dirty rap these days it is still the most practical way to plan and protect your family's future. Life insurance can be less expensive and more comprehensive than burial insurance. Life insurance can replace your income; provide for your child's education, leave an immediate estate, pay off a mortgage and pay funeral expenses just to name a few.

Don't make the mistake of depending totally on your employer's life benefit package. Most people are comfortable with the coverage they are provided by their employer through group plans. Employers recognize the value of their employee's lives to their family so they offer this coverage as a benefit. That fact does not dismiss how important it is that individuals recognize this value as well. Most employee coverage is not guaranteed for a lifetime. Layoffs, retirements and changes in employment can take this valued coverage away at a time when your family may need it most.

Life insurance is health sensitive. It is least expensive and easiest to purchase when and you are young and in good health. You can not make the phone call after the heart attack. The older you get the more expensive it can become and if you develop a health problem it can really become expensive.

The time to protect your most valuable asset is now. There are numerous products on the market that will help you accomplish this and many of these products are inexpensive and comprehensive. Protect your most valuable asset today. Do it for those you love.

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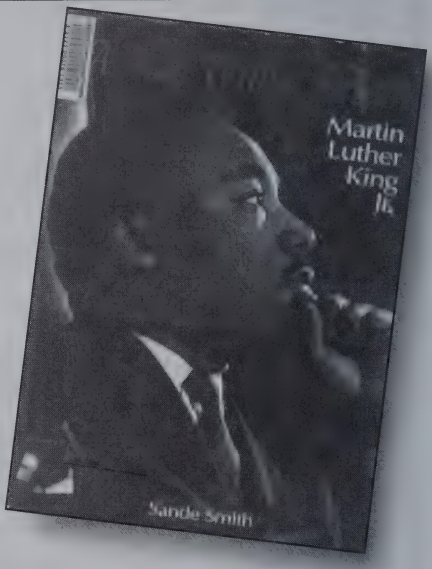
BOOKS

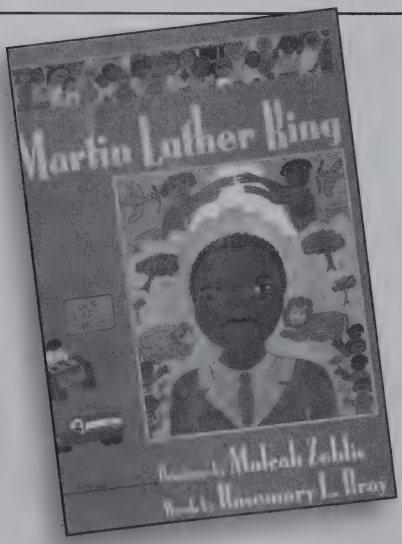
A Man With a Dream

Martin Luther King, Jr.

by Sande Smith



Sande Smith's A Man With a Dream published by SMITHMARK Book Publishers, 1994 is a photo account of the life and legacy of Dr. Martin Luther King, Jr. This collection includes photographs of Dr. King's famous speeches, planning strategy inside his jail cell in Birmingham, and many shots of the civil rights leader on the front line in the many battles he fought against segregation and human rights violations.



Martin Luther King

Paintings by Malcah Zeldis
Words by Rosemary L. Bray

Martin Luther King, written by Rosemary L. Bray with color painting illustrations by Malcah Zeldis is a historical account of the life of Dr. Martin Luther King, Jr. Young readers will certainly gain insight into the importance of Dr. King's role in the civil rights struggle in America. This account discusses Martin's development from childhood through college to adulthood and his role in the civil rights movement. Elementary and middle school children should learn a great deal about history and the importance of preparation, planning and responsibility from this book.

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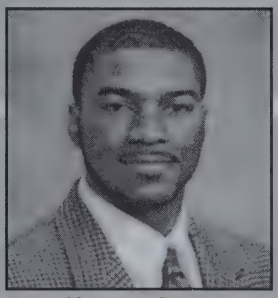
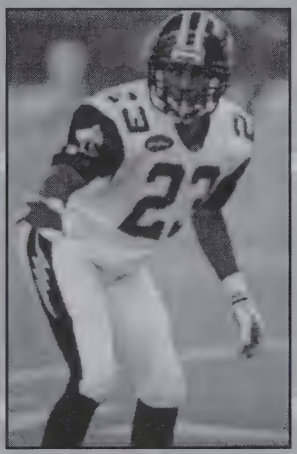


Shannon Garrett
Loan Officer
The People's Bank

Six months out of the year Shannon Garrett is a loan officer at our Gulfport Branch. The other six months he is a defensive back for the Winnipeg Blue Bombers.

At the Peoples Bank, we have been putting people first for 100 years. In Shannon's case that means holding his job for him while he plays football in Canada each year.

The next time you're in our Gulfport Branch, be sure to say hi to Shannon and wish him luck in the upcoming season!



Shannon Garrett
Defensive Back
Winnipeg Blue Bombers

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Yolanda Mayberry is the Family Self-Sufficiency Coordinator for Mississippi Regional Housing Authority VIII. She is responsible for coordinating existing resources within the communities where families live in a fourteen county area in South Mississippi.

As Family Self-Sufficiency Coordinator, Mayberry's primary responsibility is to transition families from dependence on various social programs to self-sufficiency. She networks with a number of organizations to keep abreast of resources. She is involved in the Society for Human Resources Management, Coast 21 – Housing Issue Team which deals with a variety of housing issues, New Horizons Advisory at Gulf Coast Community College and Literacy Council at GCCC (Jeff Davis).

"The biggest reward is when you are helping families – who may not be aware of services, may not know how to access information, may not know how to go about communicating their wants or desires of what they are looking for – progress toward obtaining their self-sufficiency goals," Mayberry explained. "Being able to point them in the right direction is the reward for me – being able to remove the barriers."

Mississippi Regional Housing Authority VIII is contracted to serve fifty-eight families. Since the program's inception, 101 families have enrolled in the program. Seven program completers' income exceeded 30% of their Section 8 contract rent. Two families purchased homes and twenty-six families are currently accruing escrow (savings) accounts in excess of $71,000.

"Observing families is very motivating to me," she explained. "The goal is not necessarily to move them off Section 8. It is to get them to progressively pay more of their rent portion and accomplish goals that will assist the family in obtaining economic independence. This is a voluntary program; we can't push anybody on this program.

Another of Mayberry's networking affiliations is the Family and Consumer Education Advisory Board which does long-range planning to address the needs of families.

When she is not working, Mayberry enjoys playing the piano, biking and walking. She enjoys watching her son Douglass play basketball at St. John High School. She also sings in the St. James Church Choir in Gulfport.

***Yolanda Mayberry** is a native of Winnsboro, Louisiana. She has been married to Douglass Mayberry for twenty years; and they have one son, Douglass. Yolanda earned a double degree in Education and Social Work from Northeast Louisiana University in Monroe, Louisiana. She is currently enrolled in the MBA program at William Carey College on the Coast.*

Essay Contest

Competition Categories:
7th-9th Grades, 10th-12th Grades

Theme:

Why I Am Proud of My Generation and of What We Can Accomplish

Prizes: $100 Savings Bond - 1st Place
$50 Savings Bond - 2nd Place

First Place Essays will be published in March Issue of *Mississippi Star*

Contest Rules:

Essays should be 250 - 300 words in length and must be typed (double-spaced). All entries must be received by February 20, 1998 at the following address.

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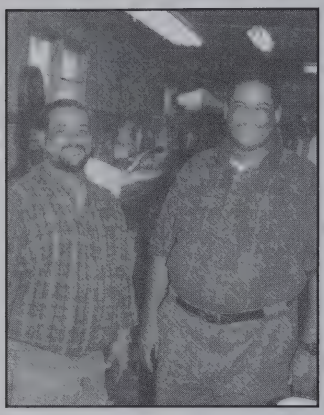

Labat's Cleaners

Bay St. Louis, MS

Cousins **Brian** (left) and **Wesley Labat** say that their primary goal for 1998 is to maintain the level of service and excellence that enabled the family business to succeed over the past three generations. "We trained under our fathers for years before we went out on our own," Brian explained. "Part of our training was not only taking care of the clothing, but developing personal relationships with our customers. We are able to have a personal relationship with our customers as well as a working relationship. That is just part of the identity of our business. In an age of modern technology and fast-paced business world, we try to reflect the values and ethics of work of days gone by."

"Our main goal is to build upon the age-old principles instilled in us," Wesley said. "And to use them not only to maintain our current customer base but also to expand to a greater competitive level."

Labat's Cleaners has been in existence in Bay St. Louis for approximately eighty years.

Emerald Coast Auto Sales

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Gulfport & Ocean Springs

"We have three new lenders who will be able to provide financing to a broader customer base which will allow us to serve any customer who is looking to buy a car. Over the past four years Emerald Coast Auto Sales has helped people who have not had success finding financing through traditional financing sources; now we can help anybody. This should impact our business in a very positive way in 1998."

Stacey Summerlin is the secretary-treasurer of Emerald Coast Auto Sales of Gulfport, Inc. She manages the West Gulfport store.

CAROLE'S OLD TOWNE RESTAURANT

Bay St. Louis, MS

"Our goals have always involved children," said Mary Woodson, co-owner of Carole's Old Towne Restaurant in Bay St. Louis. "I want to initiate some kinds of new programs for our children, something involving the arts community, the churches, the schools, the police department and the motorcycle and car clubs. We are working on a program now and I'll be going to each of them to see how they can help. I'm not necessarily talking dollars. I'm talking mentorship.

"These people all do things that can expose children to different elements that are not school related, but not about trouble. They can help kids get off the streets and to do things that are fun and productive.

"We have God... wonderful customers here who give back to the community. If we put up a jar or a sign for a cause, our customers give. God has always provided for us.

"With the new Depot, we are able to do so many functions like car shows, dances, art shows; there are so many things we can do. We can open new worlds with all the experiences of the different people in our community who have so much to give back. We need to teach the children to dream, hope and build. They can become educated. They can become self-reliant and productive citizens."

Mary Woodson and **Carole Ripley** are partners in the popular downtown Bay St. Louis eatery that was established nine years ago.

MOTHERLAND

Edgewater Mall

"My basic goals for Motherland in 1998 is to continue to provide my customers - both current customers as well as new - with merchandise that reflect culture, pride and quality. I plan to introduce new lines such as afghans, Nigerian baskets, etc. I hope the new industries bring prosperity and interest throughout the Coast."

Joyce Williams

Williams Pit BBQ, Williams Auto Detail Shop Williams Mobile BBQ Catering Service

Bay St. Louis, MS

"My goals for '98 are to spend more time with my families and continue the path the Lord has made," explains Beverly Williams.

"Frankly, our plan in the food service department is to maintain quality food and reasonable prices with low overhead. W.Inc., with the grace of God, will continue to build, prosper and be positive role models for all children and adults. Hopefully, this endeavor will provide our children with a financial springboard for the future," Phil Williams explained.

Williams Pit BBQ was started by Phil and Beverly Williams thirteen years ago. Their automobile detailing service has been in operation for fifteen years. The couple has been married for fourteen years.

Above, Philip and Beverly Williams with daughters: Britney and twins, Bridgett and Bria.

Beautiful You Beauty Supply Store

Gulfport, Mississippi

Mamie Johnson and Corliss Turner, Owner

"My main goal in 1998 is to serve my customers with honesty, integrity, friendliness and to bring in a good Black designer line. They are out there but they are not readily available to Mississippians. Right now you have to drive all the way to Mobile or New Orleans to find them. They are promoted primarily in the popular videos. Fubu which means *for you, by you,* Dada and Mecca are some of the labels created by Black designers; they are active sportswear clothing which include jeans, sweatshirts and caps.

"It is difficult for a small business to get in with these designers because they require such a large initial order. But I am a determined person, and I don't accept "no" for an answer. I do believe that prayer changes things. It worked with Kango.

"I would also hope that more Blacks and minorities venture into entrepreneurship in 1998. There's opportunity out there."

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Miyoka Broussard and Jeff Lawson

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WLOX-TV 13 NEWSWATCH

Staying Healthy in '98!

Philip Saccoccia, Jr., MD

Men's Health for the New Year

The most important idea for your health in the new year is **wellness.**

Think about what you eat and what physical work or exercise you do. Choose good foods in moderation and take time to work out tension.

If you're overweight, take control of your eating habits and feel good.

Make your relationships count and think about how to control stress; take time and make the most of your life - enjoy yourself day to day.

If you smoke - QUIT! Smoking cripples your heart and lungs, and is certain to markedly accelerate aging - it's not just the risk for cancer.

Men often take better care of their car than they take care of health. Be Smart - what you eat and how you work and rest are all up to you!

A routine physical or healthcare screen is important to prevent harm from a few common diseases that are worth treating early if present.

Blood Pressure, High Cholesterol, Diabetese, and Prostate Disease are all quick and easy to check for, and are real common problems that can be successfully treated when detected early and managed. Colon Disease is another common problem that is worth screening.

There are periodic healthcare

screening clinics for all these common diseases which are sponsored by hospitals on the Gulf Coast and by various other organizations. Although a physician visit will give you a complete evaluation, don't put off annual screens for these disorders if you do not have a regular physician, or cannot afford a doctor visit.

Blood Pressure measurement takes a moment, and the blood test for both cholesterol and diabetese screens can be done with a fingerstick. The drug stores have a very low cost quick screen for colon disease.

Prostate Disease screen requires both physical exam and blood test. This simple exam and test save thousands of men's lives every year.

Take time to think about your life and your health in 1998 - Live Well!

Philip Saccoccia, Jr. MD
Chief of Pathology and
Clinical Laboratory
Memorial Hospital,
Garden Park Hospital and
Gulf Coast Medical Center

Dr. Phillip Lance Barnes

"Begin and stay on a regular program of exercise. It is a good way to relieve stress. It strengthens the heart and lungs. and it also encourages a sense of well-being. When it comes to going out and enjoying oneself and/or relaxing, do so in moderation. If you see yourself going out and getting drunk on a regular basis, you are really going to have to really evaluate this behavior, not only is it directly detrimental to you healthwise, but it can also affect others, particularly if you are driving, or act out in a manner you would not have had you been sober.

Foremost, if you have a firearm in your house, reconsider the need for that firearm in your house. All too often these weapons end up harming people we know. If you know someone who is using street drugs, try to encourage them to get help for this problem, because the use of these drugs contribute to the disintegration of our community.

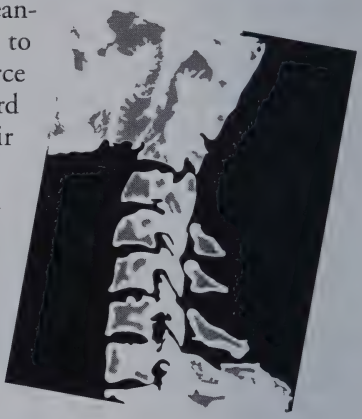
Try to look on the positive side of things, and also maintain a positive self-image. Do not be down on yourself. Encourage yourself. Don't let setbacks put you in an ill state of mind. Please remember that we set the examples for our children and the way we handle the stresses in our lives tend to be the same way they will handle stress. Remember, unconditional love means to give love free of expectations. You will find that it yields tremendous returns.

"Attend to your spiritual health also. Consider your pastor's guidance in the problems of your life. Through Jesus Christ all things are possible."

Dr. Phillip Lance Barnes
Family Medicine
Gulfport & Biloxi

Don't let this New Year be a pain in the neck...

A pain in the neck may be the result of everyday stress and strain, as well as a jolt from an accident or sports injury. Emotional stress caused by one's job, family or bills can cause abnormal contraction of the neck muscles resulting in pain and stiffness. Jobs, such as secretary or auto mechanic that require a lot of leaning over, tend to make people force their necks forward and hunch their shoulders.



By releasing impinged nerves within your spinal column, chiropractors allow your nervous system to function properly, eliminating the cause of the pain, as well as the pain itself.

So, this year let us take care of your pain in the neck.

Dr. Lawrence McNair
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Gulfport

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- Black Mississippians in American History

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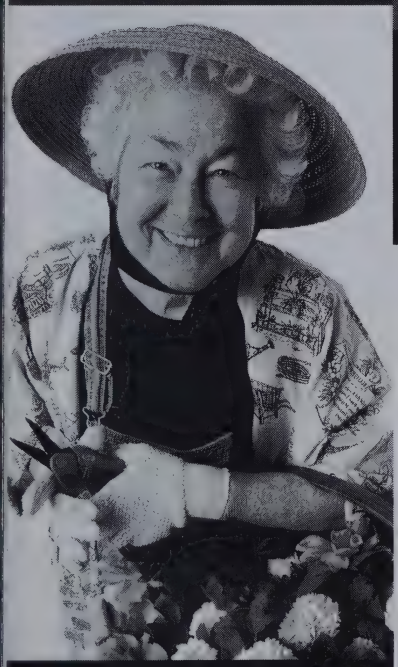

And your **mother** wanted you to marry a doctor.

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It's not about finding just any doctor. It's about finding a doctor who can satisfy your family's needs. Whether you're looking for a family physician who has flexible office hours, accepts your insurance, or is simply nearby, the Physician Finder Service at Gulf Coast Medical Center can help. If necessary, we'll even work with you to schedule same-day appointments. So instead of going to someone else's doctor, find one that's right for your family. Call 897-1800.

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Miyoka Broussard Follows Her Dream

by Maurice E. Singleton, Jr.

Miyoka Broussard is fulfilling a dream. As news anchor at WLOX-TV 13 in Biloxi, Miyoka, pronounced (mee yo Kuh) delivers news twice daily - 6:00 p.m. and 10:00 p.m. - from one of the most coveted spots in broadcast media: the prime time television news anchor desk.

The dream developed as the result of a discovery by a high school speech teacher who observed Miyoka's God-given gift for organizing her thoughts on her feet and effectively communicating what she felt. Dr. Susan LeJeune suggested to Miyoka to consider a career in broadcast television. The student followed the advice of the teacher.

Last June Miyoka was promoted to the weekday anchor spot at WLOX which became vacant when the popular Gurvir Dhindsa took a position in Atlanta. The promotion follwed a successful eleven-month stint as the station's weekend anchor/reporter.

"We looked at talent from across the country," said WLOX-TV news director David Vincent. "Of course, we knew Miyoka's talent and we liked her potential. I think she's growing in the position., and she's going to do well."

"This is something I had been working for for so long," Miyoka explained with calm cofidence seven months after the promotion. "Initially, there was shock. And after I got over that it was a

realization that this is the prime anchor spot.

"There is a lot of responsibility that comes with that," she explained. "Not only with my anchoring skills, but with my reporting skills and my presence in the community."

Miyoka's skills and her presence in the community need not cause her to worry. She receives constant, positive feedback in each area.

"Most of the people around here are so supportive," she said. "Everytime I go out I see people who say, 'You're doing a good job.' 'I like your newscast.' That also helps with your confidence. And, of course, the managers here compliment where they need to and they tell me where to brush up. And that helps a lot."

Something else Miyoka finds to be very helpful and important to her - even before she accepted her first position with WLOX - is the professionalism of the station and the staff who all work together for the good of the newscast and the station.

"You can spot that (professionalism) right off," she recalled. "How the news director handled me throughout the interview. When I was introduced to the people in the newsroom, I could see the sense of pride they have in their work and their commitment to doing excellent work. I could tell how hard they worked.

"When I visited here, I saw that there were people who had been here for thirteen and fourteen years. This is very unusual in this business because you have such a high turnover. The fact that there are people here who are here so long means something."

The support of the people in the newsroom is critical to the success of an anchor, however the chemistry between co-anchors has a great deal to do with longevity of the career of an anchor. And it appears that Miyoka, once again, has found professionalism and is working to build a key relationship that will be helpful to her career at WLOX or any future station.

"Jeff (Lawson) is absolutely wonderful," Miyoka exclaimed. "He has helped me out so much since I started in this position. I am not sure if his whole personality comes out on the air. He likes to joke around; and he is very funny. A lot of times, right before the newscast when we are sitting there talking, he's joking around, and that really helps to loosen me up and makes me feel more comfortable on the air. And he gives me a lot of good advice. He's been at this station for more than ten years; and he has a lot of experience behind him. And I respect and admire him for that. Right now we are trying to grow as a team so that people will associate Jeff and Miyoka. And that's coming."

Broussard family from left: Wilfred Jr., Elizabeth (Mother), Wilfred Sr. and William

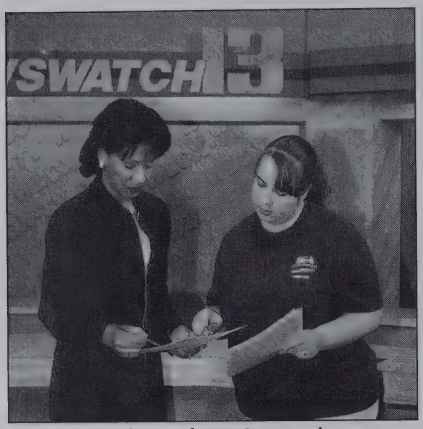
One get's the feeling that Miyoka's career is on a path moving constantly forward, with growing confidence. And though she may be, she'll be the first to point out that it hasn't been an easy path.

"It was tough for me initially," Miyoka explained. "Gurvir was a little person who left big shoes to fill. One thing I knew I had to do was to get out and let people know Miyoka. And that's what I've been doing. As far as I can tell, it's working."

Before joining the news team at WLOX in July of 1996, Miyoka built a track record and her resume as weekend anchor, producer, assistant producer and reporter, working at five different stations along the way. She started her career at KATC-TV 3 as producer's assistant for the morning show during her junior year at Southwestern Louisiana University in Lafayette.

Her workday began at 4:30 a.m. and ended at 9:00 a.m. She would then go to her classes, study, and have dinner by

6:00 p.m. so that she could get to bed by 7:00 p.m. so that she would get enough rest in order to be able to get up at 3:00 a.m. to be back at work. While at KATC a photographer took her under



Miyoka and WLOX producer Renee Johnson looking over scripts.

his wings and taught her a great deal about producing, writing and reporting. This went on for about a year and a half until shortly after she graduated.

Her second job in television was at another station in Lafayette, KLFY-TV 10. After she did not get a job she felt very qualified for at KATC, she went to KLFY where she was told there were no positions available. She spoke with a dean at USL who had a good relationship with the station's general manager who made a call on her behalf, which resulted in her being called back and landing the reporter/office manager position within a couple of days.

Positions at two different stations in Birmingham, Alabama followed which led to a weekend news anchor position in Anniston, Alabama. After seven months there, she was hired for a weekend anchor position at the station she started at, KATC-TV in Lafayette.

"I didn't realize it at the time, but I am glad I had that experience," she assessed the value of her varied experience. "I didn't like producing that much, but it really helped me with my writing. It really opened my eyes. I really thought that going to school, doing the internship, working hard, being active and by showing all those things on a resume that that would really help me, and that I would start out reporting. But that's not the case.

"It taught me how to be resourceful. Here again, if one door is closed, you open another one. Things are not always going to go your way. I feel if you have a dream - which I did - you make that dream come true. I think if you pray, and you have a dream, God will show you what you need to do. And you'll get there if you work hard and are determined and you have that self-motivation. I think that all comes into play."

As to her long-term goals, Miyoka says that she wants to get better at what she does. "I want to continue to improve as an anchor. I like this area. I'm close to my family. I could be here for a long time."

And that would be just fine with her parents and two brothers who are only three hours away by car. And they too are big fans of Miyoka and WLOX-TV.

"My parents tell me everytime they visit how much they really like our news. They see that we work together," she explained. "To be honest, you don't see it everywhere, but you can see it here.

"I've got to give my family all the thanks in the world for being so supportive and for always believing in me, sometimes when I didn't believe in myself. That made all the difference in the world. When I had doors close on me, and when I had people say that I couldn't do it, I always had the support of my family." MS

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What do I look for?

Breast changes that persist, such as a lump, thickening, swelling, dimpling, skin irritation, distortion, retraction, scaliness, pain or tenderness of the nipple are warning signals for breast cancer. If you are experiencing any of these symptoms, contact your physician immediately.

What should I do?

Perform monthly self-examinations, and make sure your doctor gives you a breast examination once a year. Mammography can detect breast cancer up to two years before you or your doctor can feel a lump. So, once you turn 40, have a mammogram every year.

For more information or a physician referral call:

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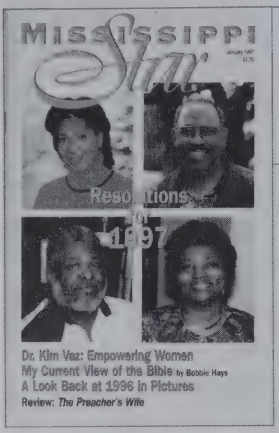
A Look Back at 1997...

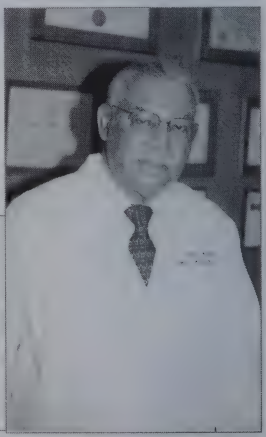


JANUARY:
South Mississippians discuss their resolutions for 1997 in January issue.

FEBRUARY:
Joseph Anthony Pearson shares his special talents in February.

MARCH:
Silhouette (from left): Tabari Daniels, Mike Davis, Henry Pierre V and Altro Tate entertain USM fans before winning region competition in Atlanta. The group participated in National Association of Campus Activities Convention in Pennsylvania.

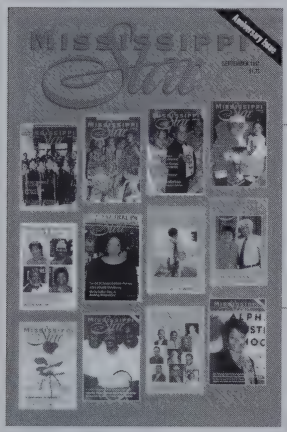
APRIL:
Lucimarian Roberts and Retired Colonel Lawrence Roberts share family experiences in April's Family Issue.



JUNE:
Dr. Gilbert Mason discusses his civil rights legacy in candid interview which appeared in the special Men's Issue in June.

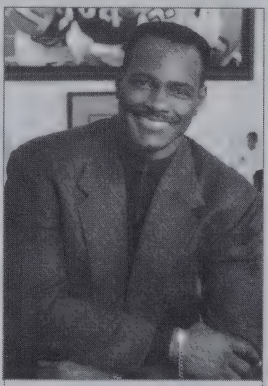
JULY:
Members of Stone County Non-Denominational Ministerial Alliance worked together to resolve disturbing incident in Wiggins (July Issue).

AUGUST:
Mt. Carmel Alpha II Christian School Principal Shelia Williams observes students working on computer (Back To School Issue: August).

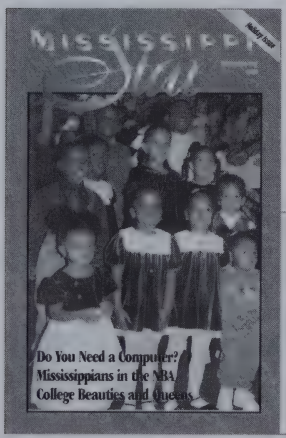


SEPTEMBER:
First twelve covers grace the cover of the Anniversary Issue in September.

OCTOBER:
Jackson State University Tigers mascot dazzles fans during halftime show.



NOVEMBER:
Pro Football Hall of Famer Walter Payton is one of several Mississippians to demonstrate exceptional leadership on and off the playing field.



DECEMBER:
Young members of St. Rose de Lima Catholic Church in Bay St. Louis sing Christmas carols.

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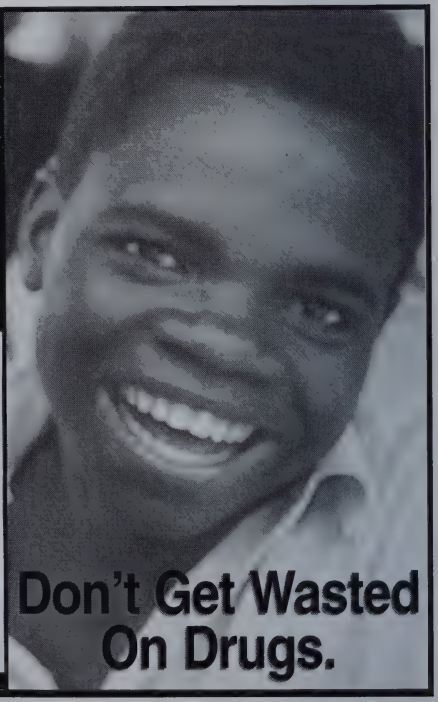
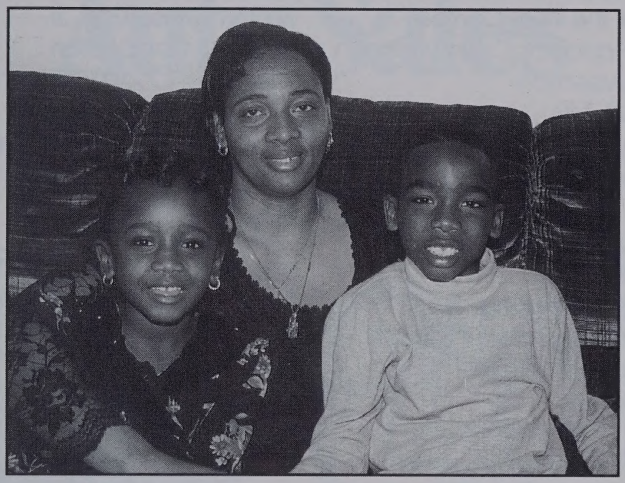


Don't Get Wasted On Drugs.

GUEST WORD

by Tania Marie Saucier



The Lord is "Wonderful!" The song shouts out to the world strongly. He needs the world to be unselfish, both young and old. The kids learn from what they see older pople put out. Be strong and love one another just as the Lord loves us.

The Lord sends different signs to us from all kinds of people, so sometimes it's good for us to listen. He asked the world, "How can you love Me and you never saw Me?" Meaning, love everybody as yourself. Stop judging others; talk to others, and find out the other person's feelings. Then we might have a better tomorrow and a much, much better world.

My kids Jennia Marie Catchings, 5, and James Edward Catchings Jr., 7, said to me, "Mother, you are friends with everybody."

I believe strongly in the Lord. I believe the Lord brought me back from a near-fatal accident in 1979 for a reason. I was hit by a drunk driver on my way to school when I was eleven years old and I couldn't walk or talk for nearly a year. I know that I am blessed and that's why I believe that every moment of my life is precious.

I put out good examples of love for my kids to follow. I'm not perfect, but I try to be the best person that I can be. I tell my kids to share, care and trust in God and not judge. I teach them to give their last piece of food to whoever may be in need. I teach them to love and never hate. I need my family to be at peace with the Lord and to always strive for peace.

My family prays together, and we ask the Lord to please remove troubles out of our way. I want for everybody in the world to say to each other, "Don't worry, be happy."

Tania Marie Saucier is a member of St. Rose de Lima Catholic Church and a lifelong resident of the Mississippi Gulf Coast.

Calendar

January 10
Annual Supper Theater &
Mother of the Year Contest
NAACP Hancock County Branch
Gulfside Assembly
Waveland, MS
7:00 pm
Information:(228)466-0973

January 14
9th Annual
Dr. Martin Luther King, Jr.
Birthday Observance Program
Stennis Space Center
Visitors Center
Speaker: Fr. Roy Arthur Lee,
Keesler AFB Chaplain
Noon - 1:00 pm

January 18
Coast-Wide
Martin Luther King, Jr.
Birthday Celebration
Mississippi Coast Coliseum
Convention Center
Biloxi, MS
2:30 pm

January 31
Magical Knights
Mardi Gras Ball
Magic Dome at
Casino Magic
Bay St. Louis, MS
8:00 pm - Until

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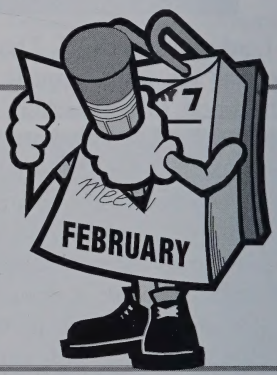

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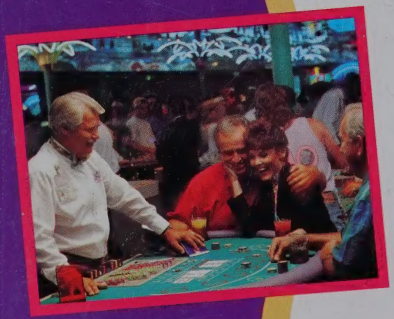

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